



Costco Products that meet California's Nutrition Standards



Beverage Middle / High School	Serving Size (mL)	% of Juice	Calories per Serving	Gram of Sugar
AquaFina Flavor Splash Variety	240	0	0	0
Arrowhead water .5 L	500	0	0	0
Arrowhead water 700ml	500	0	0	0
Campbell's V8	11.5	100	70	11
Capri Sun Variety	200	100	100	23
Dole 100% fruit Juice Concentrate Can 4 Flavor variety pack	60	100	140	17
Fruit H2O Variety	240	0	0	0
Gatorade: Lemon Lime, Fruit Punch, Orange (12 pack)	240	0	50	14
Gatorade Frost: Cascade Crash, Riptide Rush, Glacier Freeze (24 pack)	240	0	60	14
Gatorade All Stars Kids Variety: Watermelon, Berry, Strawberry (28 pack)	355	0	90	22
Gatorade X Factor: Fruit Punch, Lemon-Lime Strawberry, Orange Tangerine (24 pack)	240	0	50	14
Gatorade Rain: Tangerine, Lime, Berry (24 pack)	240	0	50	14

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Revised 9/07



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Kirkland Water 8 oz (70 pack)	236	0	0	0
Kirkland Water 1 L (20 pack)	240	0	0	0
Kirkland Premium Drinking Water 16.9 oz (35 pack)	240	0	0	0
Kirkland Skim Milk (2 - 1 Gal jugs)	240	0	90	2.5
Kirkland Sports Drink: Orange, Fruit Punch, Lemon Lime (24 pack)	240	0	60	15
Kirkland Frozen Concentrated Orange Juice (6 cans)	60	100	110	24
Kirkland Cranberry Raspberry Juice Blend (2 pack)	240	100	120	29
Kirkland Newman's Grape Juice (2 bottles)	240	100	160	38
Kirkland Apple, Peach, Passion Fruit (2 pack)	240	100	120	28
Langers All Pomegranate	240	100	150	34
Martinelli Apple Juice (24 pack)	296	100	180	39
Naked Food Juice: Just Orange Juice (1 gallon)	240	100	110	25
Naked Food Juice: Green Machine (1/2 gallon)	240	100	130	25
Naked Food Juice: Carrot-o-copia (1/2 gallon)	240	100	80	13

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Naked Food Juice: Probiotic	240	100	180	38
Naked Food Juice: Variety	240	100	120	27
Nestle Nesquik low fat chocolate milk	247.5	0	180	31
Propel Fitness Water: Berry, Lemon, Kiwi Strawberry (24 pack)	240	0	10	2
Saco Instant Non Fat Dry Milk	23	0	80	10
TreeTop Mountain Berry Juice	296	100	160	33
TreeTop Kiwi Strawberry Juice	296	100	130	30
TreeTop O Chango Juice	296	100	170	33
TreeTop Apple Juice	296	100	140	33
TreeTop Apple Juice (2 pack)	240	100	120	26
Tropicana Orange Juice (24 pack)	296	100	140	20
Tropicana Orange Juice (2 pack)	240	100	110	22
White wave Organic Soy Milk	240	0	100	1

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Product / Entrees Middle / High School	Servings Size Amount	Servings Size Weight (g)	Calories per Serving	Gram of Sugar	% Total Weight Sugar	Gram of Fat	% Total Calories from Fat	Gram of Saturated Fat	% Total Calories from Saturated Fat
Don Miguel Lean Ole Burritos Variety Pack	1 burrito	198	370	2	1.01%	4	9.73%	2	4.86%
Gourmet Yakitori Cooked Skewered Chicken	2 skewers	82	90	7	8.54%	2	20.00%	0.5	5.00%
Lean Cuisine: Roasted Turkey Breast	1 pack	276	260	28	10.14%	2.5	9.60%	0.5	1.73%
Lean Cuisine: Baked Chicken	1 pack	244	240	5	2.05%	4.5	16.60%	1	3.75%
Lean Cuisine: Sesame Chicken	1 pack	255	330	14	5.49%	9	24.20%	1.5	4.09%
Lean Cuisine: Glazed Chicken	1 pack	240	220	5	2.08%	3.5	13.60%	1	4.09%
Morning Star Sausage Patties	1 patty	38	80	1	2.63%	3	31.00%	0.5	5.63%
Pasta Prima Spinach and Mozzarella Ravioli	1 pack	110	200	0	0.00%	5	22.50%	2	9.00%
Sycamore Farms Chicken Salad	1 salad	n/a	310	5	6.00%	5.5	15.97%	3.5	10.00%

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Product Elementary School	Servings Size Weight (g)	Calories	Fat Calories	Gram of Fat	Gram of Saturated Fat	Grams of Sugar
Dannon's Activa Yogurt: Peach	113	110	18	2	1	17
Healthy Choice Low Fat Fudge Bars	75	90	13.5	1.5	1	4
Healthy Choice Premium Fudge Bars	76	90	16.6	1.5	1	4
Kellogg's Nutri-Grain Cereal Bars	37	140	27	3	0.5	13
Kirkland Skim Milk (2 - 1 gal jugs)	240	90	0	0	0	12
Skinny Cow Low Fat Ice Cream Sandwich	71	140	13.5	1.5	0.5	15
Snack Pudding Vanilla-Hunts	99	120	31.5	3.5	1	16
White Wave Organic Silk Vanilla Soy Milk (3 - 1/2 Gal)	240	100	31.5	3.5	0.5	7
Yoplait Nouriche Light Yogurt	325	170	0	0	0	18

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Product / Snacks Middle / High School	Servings Size Amount	Servings Size Weight (g)	Calories per Serving	Gram of Sugar	% Total Weight Sugar	Gram of Fat	% Total Calories from Fat	Gram of Saturated Fat	% Total Calories from Saturated Fat
Premium Original Saltine Crackers	5 crackers	15	60	0	0.00%	1.5	22.50%	0	0.00%
Pop Tarts Frosted Strawberry	1 pack	52	200	17	32.69%	5	23.00%	1.5	6.75%
Pop Tarts Frosted Strawberry Trivial Pursuit	1 pack	52	200	18	34.62%	5	23.00%	1.5	6.75%
Power Bar Performance Peanut Butter	1 bar	65	240	23	35.00%	4	14.50%	0.5	1.88%
Salsa Pace Picante	2 Tbs	30 ml	10	2	3.33%	0	0.00%	0	0.00%
Skinny Cow Low Fat Ice Cream Sandwich	1 sndwch	71	140	15	21.13%	1.5	11.00%	0.5	3.21%
Snack Pudding Vanilla-Hunts	1 container	99	120	16	16.16%	3.5	25.00%	1	7.50%
Synders Pretzels	1 pack	26	100	1	3.84%	0	0.00%	0	0.00%
The Bagel Brothers Energy Bars	1 bar	76	216	5	6.58%	4	16.67%	0.6	2.50%
Tree Top Natural Apple Sauce	1 container	113	50	11	9.73%	0	0.00%	0	0.00%
Tree Top Sweetened Apple Sauce	1 container	113	70	15	13.27%	0	0.00%	0	0.00%
Tree Top Sweetened Cinnamon	1 container	113	70	15	13.27%	0	0.00%	0	0.00%

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